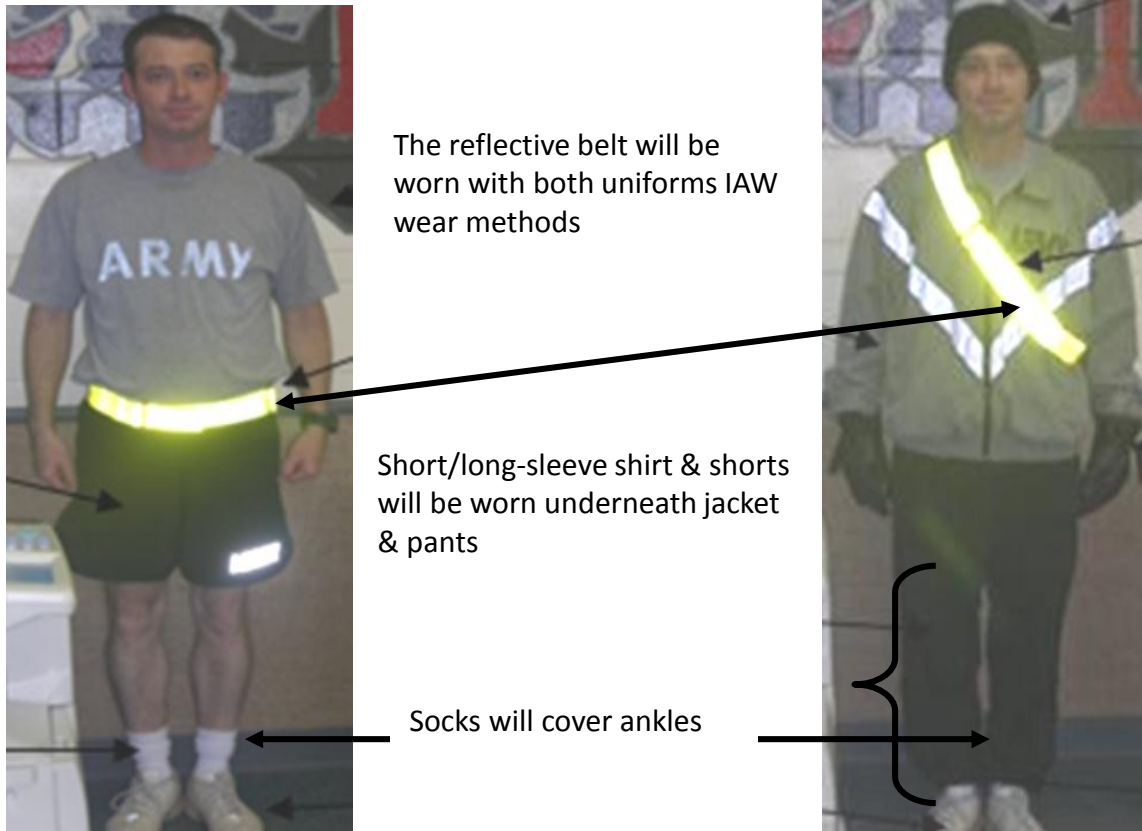


# Physical Training Standards

- All Students are responsible for being on time for 0630 accountability formation
- Physical Training (PT) hours are from 0630-0730; these are the only approved PT hours for students during the duty day
- Team Leads ensure accountability of their team during PT
- Students will only utilize approved run and foot march routes
- Gym Utilization- Standard service PT uniform is the only authorized uniform while in the gym from 0630-0730
- PT will be conducted in buddy teams at all times to ensure that if an injury occurs, someone can get help
- While conducting foot marching, all required patches will be worn and a minimum of 2 quarts of water will be carried before starting
- Teams will maintain uniformity in regards to the PT uniform (eg. All will wear short sleeve shirts and shorts)
- Yellow reflective belts are mandatory with the PT uniform
- No baseball caps will be worn with the PT uniform
- Note: An Army Physical Fitness Test will not be administered during the course.

# PT Uniform Standards

Summer APFU    Winter APFU



**Note:** Modification of uniform based on Command Guidance; i.e. jacket with shorts; long sleeve shirt with shorts or pants.

# Uniform Standards



**Summer Uniform**

**Winter Uniform**

## Summer Uniform

- PT shirt and shorts and PT shorts
- Pair of white, ankle or mid calf-length socks; small logos allowed
- Pair of Running Shoes
- Reflective belt (worn around waist line)
- Dog tags

## Winter Uniform

- PT Jacket and pants (PT shirt and shorts will be worn underneath the jacket and pants).
- Reflective belt (worn across the body from right shoulder across the chest, and under left arm).
- Dog tags

## Alternate PT Uniforms

- Unit leaders can dictate that their personnel wear the long sleeve PT shirt with shorts (See Alternate Uniform).
- Unit leaders can dictate that their personnel wear the PT shirt and shorts, with the jacket worn over the PT shirt or that they wear the long pants without the jacket.



**Alt. Uniform**

## Foot-March Uniforms

- Personnel can wear combat boots and socks with the PT Uniform, if desired.
- Personnel can also wear the Field Uniform, with or without weapons.
- Reflective belts will be worn around the outside of the ruck so that others can clearly see the service members.

# Uniform Standards

## Summer Uniform



## Alt. Uniform



## Winter Uniform

**NOTE:** This uniform can be worn without the sweatshirt or without the sweat pants; a navy colored watch cap can be worn, if desired.

## Summer Uniform

- PT shirt and PT shorts
- Pair of white, ankle to mid calf-length socks
- Pair of Running Shoes
- Reflective belt (worn around waist line)
- Dog tags

## Winter Uniform

- PT sweatshirt and sweatpants (PT shirt and shorts will be worn underneath).
- a Navy blue watch cap is authorized
- Navy blue/black compression shorts are optional; cannot show when standing
- Reflective belt (worn across the body from right shoulder across the chest, and under left arm).
- Dog tags

## Alternate PT Uniforms

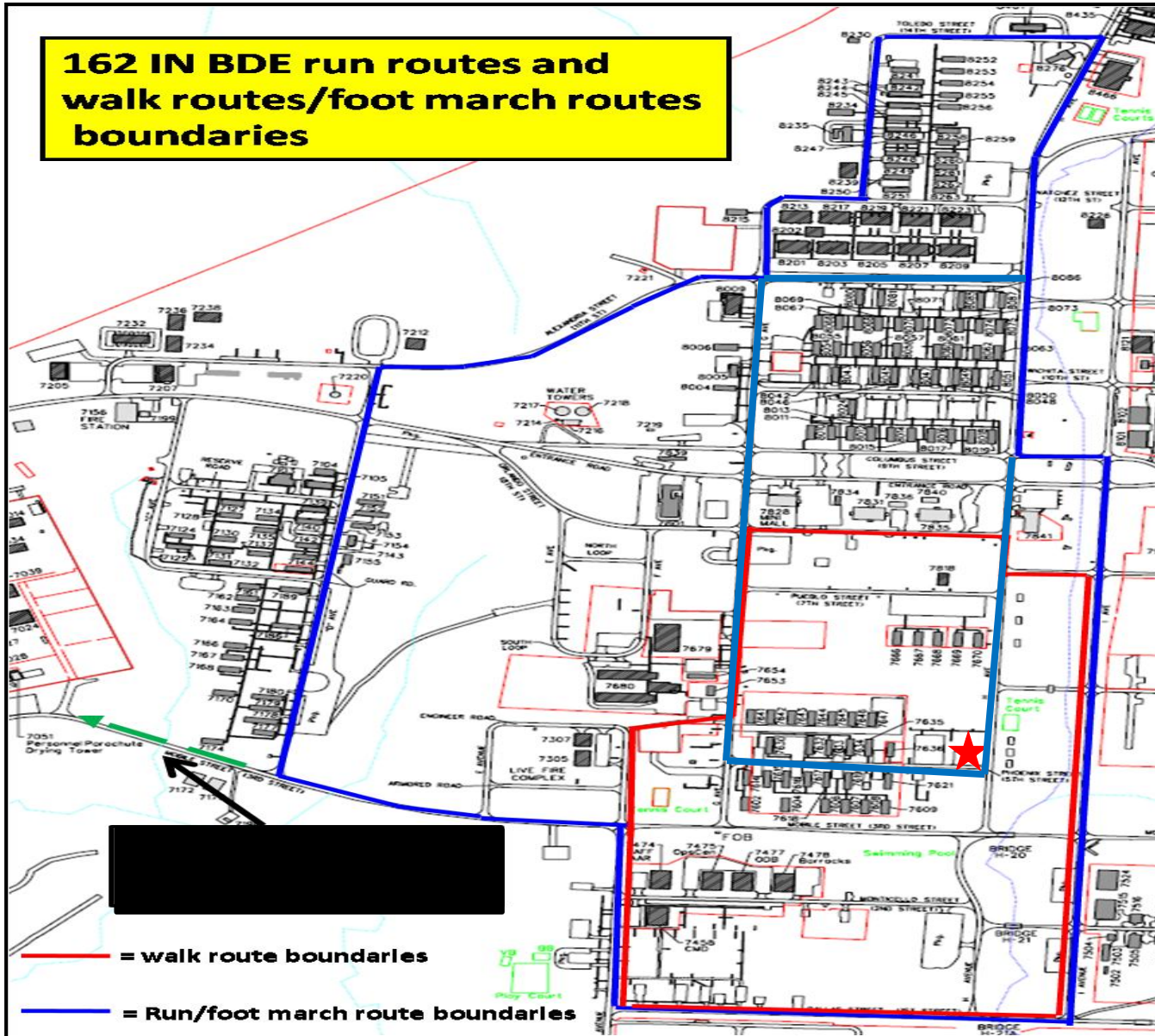
- Unit leaders can dictate that their personnel wear the long sleeve PT shirt with shorts (See Alternate Uniform).
- Unit leaders can dictate that their personnel wear the PT shirt and shorts, with the sweatshirt worn over the PT shirt or that they wear the sweatpants without the sweatshirt.

## Foot-March Uniforms

- Personnel can wear combat boots and socks with the PT Uniform, if desired.
- Personnel can also wear the Field Uniform, with or without weapons.
- Reflective belts will be worn around the outside of the ruck so that others can clearly see the service members.

# 162 ITB PT Routes

## 162 IN BDE run routes and walk routes/foot march routes boundaries



# Example PT Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No physical training scheduled	4-5 Mile Run @ 9 min/mile pace or less	Combat Focused Obstacle Course	½ -1 mile warmup Wind Sprints 30sec sprint 60 sec jog/walk 6-8 iterations	Foot March 4 Mi 15min/mile Total: 1 hour	Muscular Endurance Upper Body Pushups/Pullups Dips/Rope Climbs/Abs	No physical training scheduled
No physical training scheduled	4 Mi last man up run	Combat Focused Burpees/ Ammo Carry	½ -1 mile warmup Wind Sprints 30sec sprint 60 sec jog/walk 8-10 iterations	Foot March 4 Mi 15min/mile Total: 1 hour	Muscular Endurance Upper Body Pushups/Pullups Dips/Rope Climbs/Abs	No physical training scheduled
No physical training scheduled	4-6 Mile Run @ 80% Maximum Heart Rate (MHR)	Combat Focused Rifle P.T.	Wind Sprints 30sec sprint 60 sec jog/walk 10-12 iterations	Foot March 5 Mi 15min/mile Total: 1 hour 15min	Muscular Endurance Upper Body Pushups/Pullups Dips/Rope Climbs/Abs	No physical training scheduled
No physical training scheduled	5 Mi Run 50% MHR	Combat Focused Water Can Carry Litter Carry	Wind Sprints 60sec sprint 120 sec jog/walk 6-8 iterations	Foot March 5 Mi 15min/mile Total: 1 hour 15min	Muscular Endurance Upper Body Pushups/Pullups Dips/Rope Climbs/Abs	No physical training scheduled

Additional physical training websites <http://militaryathlete.com/>